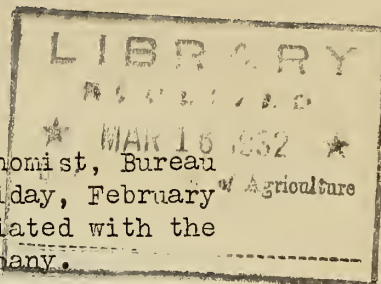


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KITCHEN COMFORT

A radio talk delivered by Miss Jean Stewart, Home Economist, Bureau of Home Economics, during the Western Farm and Home Hour, Friday, February 12, 1932, through Station KGO and eight other stations associated with the NBC-KGO network, Pacific Division, National Broadcasting Company.

Perhaps you've heard the story about the housewife who walked miles every time she made pie for her family. She had a great big old-fashioned kitchen with a stove, sink and worktable placed at far ends of the room. Out behind was a great big old-fashioned pantry or larder where she kept her supplies. She should have been an honorary member of the Champion Hikers' Club, the amount she walked just getting meals for her family. And that's the way it used to go in many households.

But after awhile the housewives and the home economics specialists and the architects and the engineers all began to talk and plan convenient kitchens to save steps and unnecessary labor. So modern kitchens in general are better workshops and kitchen jobs can be done in less time with less effort.

When you come to analyze the work done in the kitchen, you'll notice that it can be divided into four types. First, there is preparation of food. Second, there is cooking. Third, there is serving. And, fourth, there's cleaning up. Of course, these jobs overlap each other somewhat -- for example, both preparing food and cleaning up are done partly at the sink. But, in general, each type of work goes more easily if it has a space or center by itself. In some kitchens it takes a long time and a lot of patience to get a meal -- even a very simple one -- because there's no place to put things and because the utensils and supplies are way off somewhere else when you want them nearby. But in a comfortable, convenient kitchen there's plenty of work-table space for preparing food and plenty of drainboard and sink space for cleaning up.

More than that, supplies and utensils are kept near the center where they are to be used. Take the work table, for example. You'll need there mixing bowls, measuring cups, sifters, beaters, cutlery and so on. For convenience you'll hang a lot of these articles up on hooks where you can reach them easily when you're working at the table. It's a lot easier to get at an egg beater or a measuring spoon or some other utensil if it's hanging up in plain sight on its own hook than when it's in a drawer mixed with a lot of other utensils. The same holds true for knives. A little knife rack on the wall is not only convenient to reach but protects the blades of your knives. As for the supplies to be used at the table, keep most of the dry groceries, like sugar and flour and baking powder, in a cabinet or shelves above or beside the table. The perishable supplies -- eggs, milk, fruits and vegetables keep in the refrigerator. But they need to be near at hand, too. So the convenient refrigerator is near both the table and the sink.

At the cooking center or stove, hang up the utensils you need there -- pots and pans and so forth -- as well as a rack holding lids to fit them.

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Then there's the matter of light to consider. Let the light so shine in your kitchen that no shadows fall on your work. Plenty of light to see what you're doing adds to comfort, ease in cooking, efficiency and all the other qualities we housewives are after. Isn't it just plain common sense that dishes will be washed cleaner, potatoes will be peeled thinner, ingredients will be measured more accurately and so on if the light is good? One little electric bulb hanging by a cord from the ceiling won't give enough illumination for comfort. Light, not shadows, for every work center -- stove, sink and table.

That bulletin called "Convenient Kitchens" will give you more information about rearranging your kitchen. A postcard sent to this station will bring it to you. Write for "Convenient Kitchens," Farmers' Bulletin 1913.

The menu today is for a lenten supper, and features that excellent and easy dish called eggs benedict. Here's the menu: Potato soup; Eggs Benedict; Cauliflower, broccoli or some other green vegetable; Fruit cup and date bars for dessert. You can give the potato soup a dash of color by sprinkling chopped green parsley or red paprika over the top just before serving.

For the eggs benedict, you toast slices of bread, or split and toast English muffins. On each piece of toast, place a thin slice of cooked ham or crisp bacon. Then on top of this set a poached egg. Cover with hot Hollandaise sauce and serve at once.

This recipe is just one of the many delicious recipes for using eggs that you'll find in the egg leaflet. I hope you have a copy of that leaflet. If not write this station for "Eggs at Any Meal," Leaflet No. 39.

Once more now for our menu: Potato soup; Eggs Benedict; Cauliflower, broccoli or some other green vegetable; Fruit cup and Date bars.